



# Burnout Prevention & Workplace Wellbeing

**RECORDINGS NOW AVAILABLE!**

- SUN FEB 4/24 AM SESSION
- SUN FEB 4/24 PM SESSION

**Speaker:**

Dr. Marie Holowaychuk  
DVM,  
Diplomate ACVECC

CEO and Founder,  
Reviving Veterinary  
Medicine



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## Morning Session (8:30am-12pm)

### Burnout Prevention: Put On Your Own Oxygen Mask First

#### Description:

With burnout impacting up to half of veterinary team members, it's important that everyone takes steps to mitigate their risk of burnout. During this 3-hour session, evidence-based strategies for burnout management and prevention will be covered including ways to manage perfectionism, methods for coping with mistakes and ethical challenges in veterinary practice, and using mindfulness to boost mental health. All members of the veterinary team are invited to attend and will come away with practical and tangible strategies for lessening or preventing burnout while working in the veterinary profession.

#### Learning Objectives:

1. Understand the different forms of perfectionism and when it can be helpful or harmful.
2. Know strategies for limiting perfectionism to prevent burnout.
3. Recognize the challenges that can arise in veterinary practice including ethical dilemmas and mistakes.
4. Learn strategies for practicing self-compassion and other methods to reduce moral distress and burnout.
5. Understand the benefits of mindfulness in veterinary practice and ways in which mindfulness can be incorporated into everyday life.

## Afternoon Session (1pm-4:30pm)

### Workplace Wellbeing: Building Thriving Veterinary Teams

#### Description:

Research demonstrates that workplace toxicity can worsen symptoms of burnout and increase veterinary team members desire to leave their job. Additionally, veterinary team members who work in a healthy environment that fosters open communication and supports mental health have lower levels of burnout and higher levels of wellbeing. During this 3-hour session, evidence-based strategies for promoting effective team communication, conflict resolution, and mental health will be covered, as well as strategies for recognizing and mitigating workplace toxicity. All members of the veterinary team are welcome to attend, although this session will be most applicable for leaders in the veterinary workplace.

#### Learning Objectives:

1. Recognize the common causes of toxicity in the veterinary workplace.
2. Learn strategies for reducing or preventing workplace toxicity.
3. Understand strategies for effective team communication and conflict resolution.
4. Learn ways to promote mental health in the veterinary workplace.

# Dr. Marie Holowaychuk

DVM, Diplomate ACVECC

CEO and Founder,

Reviving Veterinary Medicine



Dr. Marie Holowaychuk is a certified coach, yoga and meditation teacher, facilitator, and keynote speaker. She dedicates her time and energy to sharing evidence-based information regarding mental health and wellbeing. In doing so, she inspires veterinary team members to make lasting changes in their lives.

Marie grew up with two veterinarian parents and is passionate about making a career in veterinary medicine sustainable for everyone. After completing her veterinary school, Marie went on to complete advanced training in the USA and became a board certified emergency and critical care specialist. Following her passion for research and teaching, she spent 5 years at the Ontario Veterinary College before moving back to Western Canada.

After years spent battling perfectionism, workaholism, and burnout, Marie embarked on a long journey of self-discovery, research, and lived experience to successfully recover from her burnout. Marie aspires to reduce harmful stigma, enhance healthy boundaries, foster effective communication, nurture non-toxic work environments, and prevent burnout within the veterinary profession. She has spent 10 years teaching, leading, and mentoring veterinary professionals to build veterinary careers that are sustainable, joyful, and fulfilling.

With more than 20 years of veterinary practice experience in academic, private, and corporate settings, Marie has led workshops and lectures and delivered keynotes to a range of audiences in Canada, the United States, and worldwide. She also offers communication and wellness coaching to veterinary professionals virtually. Her online programs From Burnout to Balance, From Toxic to Terrific, and Building Better Boundaries have garnered praise and rave reviews.

With an enthusiasm for writing and other forms of content creation, Marie has published more than 30 peer-reviewed articles, more than 10 textbook chapters, and dozens of blog posts related to wellbeing, mental health, and emergency and critical care medicine. She is the host of the Reviving Vet Med podcast and recently launched the website <https://revivingvetmed.com/>, a hub of wellness and mental health resources for veterinary teams.

Marie's passionate advocacy for mental health and wellbeing in the veterinary profession has recently led her to receive the Alberta Veterinary Medical Association Communication Award (2020) and the Alberta Blue Cross Face of Wellness Award (2022).

She is currently a member of the CVMA Wellness Advisory Group, ACVECC Diversity, Equity, and Inclusion Committee, and the VECCS Wellness Task Force.